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A massive piece of gang graffiti reading Terror Squad is spray-painted on a garage in a back lane near Avenue R South and 20th Street. The Saskatoon Police Service say while they don't have statistical evidence showing an increase in gang graffiti, it is something they're seeing more of. MORGAN MODJESKI/METRO

As temps rise, so do sightings of gang graffiti

Police, citizens take note of markings. City encourages residents to report graffiti, gang-related or not

MORGAN MODJESKI
morgan.modjeski@metronews.ca

Spray-painted onto garages, buildings and fences, gang graffiti can be easily found in Saskatoon's west side, and with the arrival of warm weather, police say the territorial markings are becoming more prevalent.

Det.-Const. Andrea Vogel with the Saskatoon Police Service's anti-graffiti unit explained that while it's hard to document whether or not there's been an increase year-over-year, as not all incidents of graffiti are reported, she's seeing more of the criminal markings while on the beat.

"I have noticed an increase in gang graffiti, just being out and about responding to other complaints of graffiti for sure," said Vogel. "But in my experience here, people are generally apprehensive to complain about any of type of gang graffiti, just out of fear of retaliation."

Used to mark a gang's territory, there are a number of gang signs that may appear to be a regular tag, but to those involved in gang activity, the markings have a clear message.

"It could be anybody in the gang who writes it, but at the same time it shows who is who and where they are," she noted.

Rose Rawluk, a designer at Windmill Flowers, located across the street from a building where gang markings are visible, said she too has noticed an increase in the signs with the weather getting warmer.

"I'm not overly intimidated," said Rawluk. "It depends how bad it gets. If it gets worse, then of course you're going to be intimidated."

However, she said the markings haven't impacted her business.

"It's all over," said Kelly Ethier, who frequents the city's west side, when asked about the amount of gang graffiti.

"I would say I've seen probably a good 40 per cent increase. Even in downtown … they go and (spray-paint) all over garages, buildings.… It's scary."

Vogel said while only 12 per cent of the reported incidents of graffiti are gang-related, the SPS encourages residents to report any incidents of graffiti, gang-related or not.

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Saskatoon finding foothold as conference destination

Trending upwards.
Number of conferences on the rise, Tourism Saskatoon says

MORGAN MODJESKI
morgan.modjeski@metronews.ca

The Bridge City is becoming a conference hot spot and Tourism Saskatoon says it's no coincidence.

Todd Brandt, president and CEO of Tourism Saskatoon, said although it's hard to track how many conferences are coming to the city each year, Saskatoon has seen a significant increase.

"It's been pretty positive over the last couple of years," said Brandt. "We made a conscious decision a number of years ago to be aggressive in the events market, whether that's a cultural event, a sporting event, or a convention or tradeshow."

He explained Tourism Saskatoon has a group called Convention Saskatoon, whose sole purpose is to pursue major conferences and tradeshows.

"We have a very co-ordinated system in this city for identifying leads and pursuing leads and developing bids and securing conferences — it doesn't happen by chance," he said.

Having conferences come to Saskatoon is an economic benefit for the city as each Canadian conference delegate spends roughly $290 a day while international conference delegates usually spend even more.

"A typical conference of 500 people, the direct spend on that in our economy would probably be closing in on $1 million," said Brandt. "That $1 million is spread around food services, accommodation, transportation and retail, so it does help many areas of the tourism economy."

Conference attendees can be seen at TCU Place for the Public Policy Forum, Breadbasket 2.0 Summit, which ran Monday and Tuesday. The city is becoming a hot spot for conferences as the number of conference attendees to visit the city in 2012 was estimated at 60,000, an increase of roughly 40,00 from 2011. MORGANMODJESKI/METRO

The increase can be seen in how many conference attendees are visiting the city. In 2011, there were an estimated 12,000 conference attendees and that number jumped in 2012, to an estimated 60,000.

That's a lot of delegates

10K

Up until June 30, 2013, the city has already seen an estimated 10,000 conference attendees.

East of Regina

Crash claims life of 23-year-old man

A 23-year-old Regina man is dead after a two-vehicle crash on Tuesday morning on the Trans-Canada Highway, just east of Balgonie.

RCMP said both vehicles — a gravel truck and a pick-up truck — were westbound when they collided.

The 23-year-old male driver of the gravel truck — the vehicle's lone occupant — from Ardill, Sask., was taken to hospital as a precaution.

The sole occupant of the pickup truck was declared dead at the scene. Police did not release the victim's name.

RCMP reopened the highway's westbound lanes to traffic by about 3:30 p.m.

METRO

Show your support

What's Green and White and all over?

Saskatchewan businesses are being asked to show Rider pride by decorating their properties with Green and White for the coming Grey Cup. The festival committee is selling Celebration in Rider Nation official decorating packages. METRO

History of violence

Sask. man deemed dangerous offender

Alberta's top court has ruled a man who violently attacked two women in southern Alberta must be deemed a dangerous offender.

A judge originally declared Cory Bitternose a long-term offender and sentenced him to 20 years.

But the Alberta Court of Appeal says he needs to be kept behind bars indefinitely.

Bitternose, who is from Saskatchewan, was driving a stolen truck in 2008 when he offered two women in Banff a ride but took them to a vacant lot instead and started beating them. One woman managed to get away but her friend did not and was sexually assaulted.

THE CANADIAN PRESS

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Spies and allies

Canada may have helped spy on G20

Leaked documents suggest Canada helped the U.S. and Britain spy on the London G20 summit four years ago.

Britain's Guardian newspaper says spies monitored the computers and intercepted the phone calls of foreign politicians and officials at two G20 meetings in London in 2009.

The Guardian published PowerPoint slides describing the operation, including one featuring the emblem of the Communications Security Establishment, Canada's electronic eavesdropping agency.

The documents were leaked by former NSA contractor Edward Snowden. THE CANADIAN PRESS

Minnesota

Rodent remains robbed for reward?

A mother and son from southeastern Minnesota are accused of stealing nearly $5,000 in gopher feet and selling them for a bounty.

Tina Marie Garrison and Junior Lee Dillon were charged last month with receiving stolen property and theft. Garrison has pleaded not guilty. Her son has a court hearing next month.

The complaint alleges a gopher trapper contacted the sheriff's office, saying bags of frozen gopher feet had been stolen from his freezer.

The owner contacted local townships that offer rewards to keep gopher numbers down and found the pair had turned in thousands of dollars in feet. THE ASSOCIATED PRESS

Yukon

Calls in the clink to cost criminals cash

Prior to this month, inmates at the Whitehorse Correctional Centre could make free telephone calls.

However, the jail sometimes didn't know who they were calling or whether they were threatening witnesses.

That all changed at the beginning of June in a step that critics argue prohibits inmates from making calls to access legal aid.

The jail installed a system that requires inmates to pay at least $1.35 to make phone calls from their daily earnings, which range from $1.50 to $6.50.

All public calls will now be recorded, except for legal and privileged calls. TORSTAR NEWS SERVICE

Debate on Syria went better than expected, says Harper

Summit. But the final G8 statement remains non-committal on Assad, use of chemical weapons

The Group of Eight stopped short of calling for the ouster of Syrian President Bashar Assad in its final statement on Tuesday but did call for a swift end to the bloody civil war and urgent peace talks.

Despite a lack of consensus among the G8, Prime Minister Stephen Harper said the outcome was better than expected.

Harper also spoke about Russian President Vladimir Putin more positively than at any other point during his trip to Europe, when he accused Putin of siding with "thugs."

Tensions have escalated over the past week since the U.S. announced it would supply weapons to the Syrian opposition after it found proof the Assad regime attacked its foes with chemical weapons.

Russia — the only member of the G8 that supports Assad — has been highly critical of the move. The Russians also assert that the claims about chemical weapons are based on flimsy evidence.

The rest of the G8 is split over whether the U.S. should arm the rebels, but generally agrees that Assad must go.

The final G8 statement on Syria sought the middle ground. It condemned any use of chemical weapons without admitting any attacks actually happened. It also called for some sort of transitional government, without explicitly calling for Assad's ouster. THE CANADIAN PRESS

Shaky agreement

"We have ... a much better outcome than I thought we were going to have. We don't have, as I said, G7 plus one."

Prime Minister Stephen Harper, referring to Russia's dissenting opinion on Syria

Stephen Harper and U.S. President Barack Obama chat Tuesday as they stroll at the Lough Erne resort during the G8 summit near Enniskillen in Northern Ireland. ADRIAN WYLD/THE CANADIAN PRESS

Common ground

Other topics find greater degree of consensus

While the G8 is split over Syria, there were agreements in other areas.

They pledged to stop making ransom payments to terrorist kidnappers and to take action to combat hidden company ownership.

Harper and Obama also chatted for 10-12 minutes Tuesday morning as they walked along a golf cart path at the lakeside Lough Erne resort.

The prime minister said they talked about Keystone XL pipeline and other areas of mutual interest. THE CANADIAN PRESS

Montreal loses second mayor to corruption claims

Former Montreal interim mayor Michael Applebaum THE CANADIAN PRESS

Montreal has had its second scandal-provoked mayoral resignation in less than a year, with an arrest and criminal charges leading to the departure Tuesday of its interim city-hall boss.

Replacement mayor Michael Applebaum stepped down a day after he was slapped with 14 criminal charges, including fraud, conspiracy, breach of trust and corruption in municipal affairs.

Applebaum said he's innocent of the charges.

"I hope you understand that I will put my energy into my defence and my family," Applebaum said in a two-minute statement at city hall.

"This is why I am resigning as mayor of Montreal. It is the responsible thing to do."

He said he hoped to someday regain Montrealers' trust. He conceded that, in the meantime, it would have been implausible to try continuing as mayor.

Applebaum spent much of his statement combating the notion that he had deceived Montrealers. Seven months after he took office on a promise to fight corruption, Applebaum insisted he had never participated in illegal schemes and said he had achieved successes in cleaning up city hall.

The city will soon have yet another mayor. A vote at city council is expected next week to pick the person who will hold office until the November election. THE CANADIAN PRESS

Irony

Applebaum committed a linguistic flub in his speech.

- "I understand their frustration, their deception and their cynicism," he said.
- "Deception" has a different meaning in French. In the local patois, people will sometimes use the term when they mean to say "disappointment."

EU slams Canada for holding up free-trade talks

Northern Ireland.
Pressure mounts as U.S. starts negotiations for own deal with EU

Canada has publicly been called on the carpet by the European Union for holding up free-trade talks. EU trade spokesman John Clancy took the unusual step Tuesday of criticizing Canada as the G8 summit in Northern Ireland came to a close.

"We are very close to an agreement," Clancy said in a statement. "The EU has shown pragmatism and flexibility and is ready to take the last steps to achieve a political breakthrough in the negotiations.

"We have been awaiting a similar message from Canada since the trade and agriculture ministers met in Ottawa in early February."

Cranking up the pressure on Canadian negotiators is Monday's announcement that the European Union and the United States are starting their own free-trade talks.

Some have suggested the European negotiators will now turn their attention to the Americans and give short shrift to Canada. THE CANADIAN PRESS

What's the beef?

- Among the issues believed to be stalling the talks is duty-free access to European markets for Canadian beef.
- Ireland and France, two major beef producers, are believed to have concerns about the amount of Canadian beef allowed into Europe. Canada is said to have balked at the export limit proposed by the Europeans.

Should she be allowed into the EU duty-free? THE CANADIAN PRESS

Market Minute

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Canadian victory

U.S. court upholds vibrator patent

The U.S. International Trade Commission has upheld a Canadian company's patent for its couples vibrator, banning the import, sale and marketing of all infringing products in the U.S.

Standard Innovation launched the We-Vibe, a vibrator that couples wear during sex, in 2008. In 2011, Lelo Inc. unveiled a similar product called the Tiani, prompting Standard to go to court. THE CANADIAN PRESS

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HERE'S A TIP: DON'T EXPECT ONE?

JUST SAYIN'

Paul Sullivan
metronews.ca

OK, I have a cat here. And I'm going to place it gently among the pigeons, then back away:

Should tipping be banned?

A popular high-end New York restaurant called Sushi Yasuda thinks so, and has done exactly that. Servers are forced to live on their salaries. They also get, like, benefits.

The restaurant's owner says the tipping ban ends the bile-inducing requirement to calculate the tip at the end of the meal, recapturing the serenity of fine Japanese dining.

Just so, grasshopper.

This isn't a trend exactly, but there's also a bit of an outbreak in Chicago, where in some restaurants you pay for the meal before you even begin. Careful not to choke on the appetizer.

Right now, there are overworked and underpaid servers everywhere going WTF? This subject is not even open to negotiation.

Then, just as likely, there are customers who are wondering when the practice of tipping became an obligation under the Geneva Conventions, or wherever they issue those must-be-obeyed decrees.

There's even less room to weasel out of tipping these days. Now, the server hovers (anxious, vigilant) over your shoulder as you pay the bill on that portable Wi-Fi Visa machine with its handy tip-percentage button. I don't know about you, but unless the waiter flambés my dinner companion, I dutifully press the 20 per cent button.

And if he/she does toast my guest, I only leave 15 per cent. You have to take a stand somewhere.

Back in the old days, if you were abandoned altogether somewhere between courses, you could slide a penny under your dish and make your getaway, smug in the knowledge that you failed to put some kid through drama school. But there's no penny button on that infernal machine.

At the New York sushi restaurant, people were so brainwashed that they tried to write in a tip on the bill, even though there was no place to accommodate one. They just didn't get it, until the owners started red-circling the explanation about the tipping ban. Then they got it, and unless they were married to the server, they liked it.

I don't know about a ban, but it might not be a bad idea to restore the idea of the tip as an expression of appreciation for good service. Don't ban tipping; ban the obligation to tip.

Of course, now I've done it. I'll have to eat at home until the heat dies down. Maybe, just to be safe, I'll hire a food taster. Problem is, I'll have to leave a generous tip. Nobody wants an unhappy food taster.

ZOOM

Hi sea lion, nice to meat you

PABLO CERSOSIMO/SOLENT

Pup's close call with killer whale

This fortunate sea lion escaped the jaws of death by a few centimetres after a pod of killer whales risked beaching themselves while in pursuit of their prey.

The South American sea-lion pup and others encountered the predatory mammals as they cruised along the coast of Valdes Peninsula in Argentina. **METRO**

Q and A

Near-death life lesson

PABLO CERSOSIMO
Professional photographer and safari guide, 44, from Buenos Aires, Argentina

It looks like this sea lion is doomed.

This seal survived but others were not so fortunate. But in truth pups need a couple of these bad experiences to learn that orcas are predators and that they will be part of their menu. When pups are one month old, they start venturing out into the water and at that stage they don't know what an orca is. They don't associate these whales with danger and often stay in the water when the predators show up. It's a life lesson for the pup.

In these hunter-versus-the-hunted scenarios, do you sympathize with one critter over another?

No, I sympathize with both. The orca is one of my favourite animals — it's smart, intelligent and with many respects similar to humans. And I admire the sea lions for their ability to survive against this magnificent predator.

Clickbait

HANNAH ZITNER
hannah.zitner@metronews.ca

The value of a good night's sleep has been drilled in our heads since bedtime was at sunset — but knowing to go to bed early is different than falling asleep early. For those who need more than sheep counting, gentle ocean sounds or three fingers of Scotch to help catch some Z's, technology is on your side. Pull down the blackout blinds, fluff the pillows and get in bed ... with your phone.

Sleep Time

Pictured at right, this app tracks the time you go to bed, length of deep and light sleep, and eases you into the day with a soothing crescendo alarm that goes off when you're in the lightest phase of sleep. iOS and Android.

Sleep Cycle

Similar to Sleep Time, but for the $0.99 charge you get a "personal notes" section to track your pre-sleep habits (did a 10-kilometre run before bed, ate spicy food for dinner, had a few drinks, etc.). Plus, the app runs in the background so you can cruise Facebook in bed without remembering to reset the alarm. iOS only.

SleepBot

Not only does this free app track your sleep, it also records the noises you make in your sleep (and therefore proving once and for all that you don't snore). Android only.

Twitter

@metropicks asked: An expert says women study harder to instinctively prepare for single motherhood. Do you agree?

@mswitcherxo: Sad but true! Once upon a time my grandfather worked & took care of 9 kids! Now, can't even get a man to take care of 1!

@mswitcherxo: partying & hanging out with friends make men learn social norms and men know instinctively that social skills >>>studying in real life

@VancityBakeShop: wonder how many of those polled actually ended up as single mothers vs. those who had support from their partner

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Brainless entertainment has zombies taking over the world

World War Z.
Filmmakers continue to capitalize by making corpses cool for the next generation of little guys and ghouls, who, in turn, eat it up

IN FOCUS
Richard Crouse
scene@metronews.ca

Brad Pitt stars in World War Z but has no idea what makes zombies so appealing to a new movie-going generation. HANDOUT

Zombies are the most recent and most unlikely pop culture heroes.

On TV, the recent Walking Dead finale drew almost 13 million viewers.

At the movies the zom com Warm Bodies made still hearts beat again and outdoor recreation retailer REI even bandwagon jumped with their 13 Essential Tools for Surviving a Zombie Outbreak campaign.

This weekend Brad Pitt battles the undead in World War Z, an action thriller set against the backdrop of a worldwide zombie apocalypse.

The movie has the highest ratio of zombies to humans of any film this year, but don't ask its star why these cannibalistic cadavers are so trendy.

"As for why zombies are so popular," said Pitt, "I really have no idea."

Pitt may not be able to out his finger on it, but academics suggest a variety of reasons. Audiences are interested in zombies in times of crisis, when we feel disempowered, says one, while another writer proposes that they offer something more primal — that the zombies represent an example of control over death.

Whatever the reason, filmmakers have been capitalizing on these cool corpses for years. Some, like Night of the Living Dead and Shaun of the Dead are classics, others, like the stranger-than-usual Zombie Honeymoon, aren't.

The grand-ghoul of all weird zombie movies is 1968's Astro Zombies. Starring horror legend John Carradine and cult star Tura Satana, the story of superhuman monsters on a killing spree has inspired two sequels and a song of the same name by the Misfits.

The mockumentary American Zombie's tag line is, "We're Here. We're Dead. Get Used to It!"

Documenting the everyday "lives" of a community of zombies in California, it's a fake undead propaganda film that echoes the struggles of many minorities who have had to fight for human rights.

Fido, a Canadian film starring Billy Connolly and Carrie-Anne Moss, is set in a world where humans won the zombie war and, as victors, have made the undead their domestic servants. Funny rather than scary, this one is worth a look to see the usually motor mouthed Connolly in a fun, shambling and wordless performance.

Strangest of all the non-mainstream zombie movies? Poultrygeist: Night of the Chicken Dead, a movie musical about a fast food chain called American Chicken Bunker whose meals turn diners into chicken zombies. Gross, gory and gratuitous, badmovienight.com called it "one of the sickest, most depraved movies I've ever seen."

Zombie confusion

"As for why zombies are so popular, I really have no idea."

Brad Pitt
Star of World War Z.

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Jessica Chastain

Zero Dark Thirty star guarding her love life like a state secret

When it comes to her personal life, Jessica Chastain is looking to keep things under wraps — for now, at least.

"Sometimes when someone (in the press) asks me about my dating status, I get really quiet about that because I want to protect it," the Zero Dark Thirty star tells E! News.

"Seeing all these interviews with actors talking about loves of their lives and then they break up in a year and you're thinking, 'What if something happens and they end up being a total jerk?' Then you forever have these pictures of you standing on the red carpets together."

But all hope is not lost for those looking for some Chastain romance news.

"When I'm engaged someday — who knows to who — I'll probably be more open about it," she says.

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The Word

Angelina Jolie comes under fire for health decisions

While Angelina Jolie has received near-universal praise for her decision to undergo a voluntary double mastectomy to prevent developing breast cancer, at least one person isn't impressed.

Cancer survivor Melissa Etheridge says that she has the same faulty gene Jolie has that makes cancer more likely, and she doesn't recommend the course the Oscar-winner took.

"I wouldn't call it a brave choice," she tells the Washington Blade.

"I think actually it's the most fearful choice you can make when confronting anything with cancer."

Britney Spears. ALL PHOTOS GETTY IMAGES

If you want to be cool like mommy, don't kiss mommy in public

Britney Spears admits she's starting to feel the sting of her kids getting older, particularly when it comes to her public displays of affection.

"My sons are six and seven, so they're just now getting to the stage of where you can't kiss Mommy in front of your friends and all that kind of stuff," she tells Ryan Seacrest during a call into his radio show.

"They're getting what's cool and what's not."

Ben Affleck

Affleck finding that three's company

While Ben Affleck might have suggested he and Jennifer Garner were up for adding to their family following the arrival of their third child last year, he's apparently changed his tune.

"That's not going to happen," he tells Extra when asked about having a fourth child.

"We're in a really good place. Three is good. That's enough."

Finding free things in one of the world's most expensive cities may sound impossible. Surprisingly, Tokyo offers a wide range of museums, parks, historical sites and cultural activities for free — good news for budget travellers who want to see a lot and still enjoy expensive sushi.

THE ASSOCIATED PRESS

5 Free things to do in Tokyo

Old and new

Meiji Jingu Shrine is a piece of old Tokyo not to be missed. Boasting the nation's largest wooden "torii" gate, the shrine was built more than 90 years ago to commemorate Emperor Meiji, who reigned as Japan opened to the rest of the world after centuries of isolation. A short walk from the serenity takes you to Harajuku and Omotesando, a Mecca of latest fashion and culture, the district of "cool" new Japan. Walk down the Takeshita street packed with young people looking for the latest "kawaii" (cute) trends.

Japan's legislative home

Parliament, or the National Diet, as it is officially known, stands on a site once occupied by feudal lords and is now home to Japan's legislative headquarters. Completed in 1936, the building with a landmark pyramid-shaped dome houses the two chambers — the more powerful House of Representatives (Lower House) and the House of Councilors (Upper House) — under the Japanese parliamentary system. The Upper House provides a free hour-long tour when the house is not in session.

Tsukiji fish market

Sprawling Tsukiji fish market — the world's biggest — is where those beautiful slices of tuna on your sushi come from. Want to witness the famous tuna auctions? Then get up early and be there by 5 a.m. to queue up for the first 120 viewing slots. If that's too early, you can still spend hours roaming a maze of narrow alley ways, but watch out for the motorized carts whizzing around with ice troughs filled with fish.

Walk to Odaiba Beach

Need to burn calories after eating all the delicious local food, but you're too busy sightseeing? Here is a perfect plan — a scenic walk over the Rainbow Bridge to the reclaimed island of Odaiba out in the Tokyo Bay for a picnic, sunbathing on a man-made beach, or even a jog. The walk is just more than 1.7 kilometres including the 918-metre-long single-span suspension bridge and takes less than an hour one way.

Experience a (fake) quake

Japan is one of the most earthquake-prone countries in the world. This public facility, the Ikebukuro Disaster Prevention Center, run by the Tokyo Fire Department, offers a uniquely Japanese experience that can be educational, a bit scary, but also fun. Visitors can experience a temblor — as violent as the March 2011 disaster that struck northern Japan — in a quake simulator built in a living room set.

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Raw fish, it isn't just for sushi

ROSE REISMAN
for more, visit rosereisman.com or follow her on twitter @rosereisman

Seviche is a seafood dish popular in the coastal regions of the Americas, especially Central and South America.

The dish is typically made from fresh raw fish marinated in citrus juice. Buy the freshest fish possible from a reputable fish store. You can also use white fish such as snapper, tilapia and halibut.

1. In bowl, place scallops, squid, onion, red pepper, tomato, garlic, lime juice, cilantro and oil; stir to combine.

2. Cover and refrigerate for 2 hours to marinate, stirring occasionally. Serve over lettuce-lined plates. **ROSE REISMAN BRINGS HOME LIGHT COOKING (ROBERT ROSE) BY: ROSE REISMAN**

Nutritional analysis

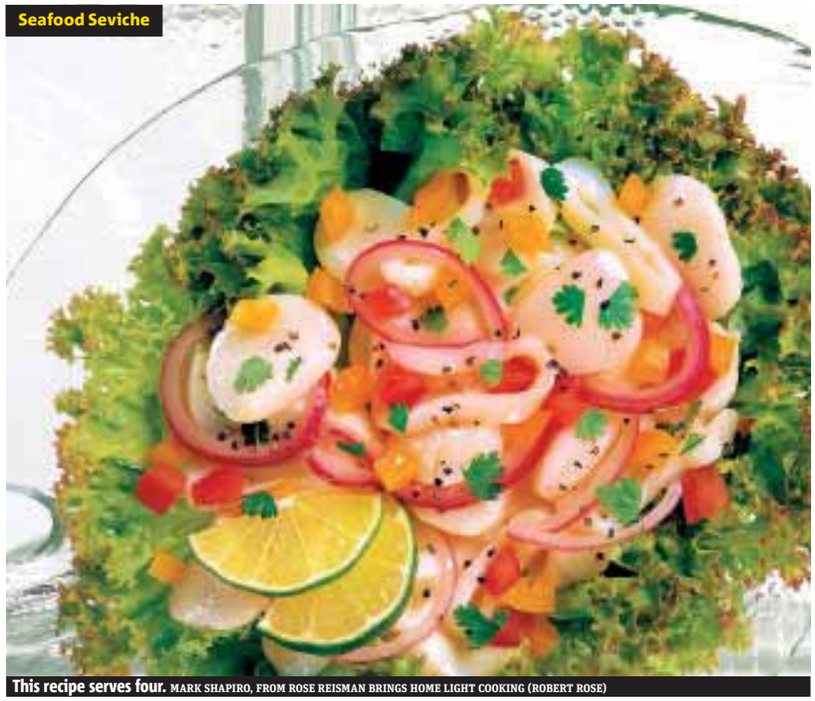
Per serving: 111 calories, 11 g protein, 4 g fat, 7 g carbohydrates, 95 mg sodium, 76 mg cholesterol, 1 g fibre

Ingredients

Prep time: 2 hours (the longer you marinate the better the flavours)

- 1/4 lb scallops or shrimp, sliced
- 1/4 lb squid, sliced
- 1/2 cup finely chopped red onion
- 1/2 cup diced sweet red or yellow pepper
- 1/2 cup diced tomato
- 1 tsp crushed garlic
- 1/4 cup fresh lime or lemon juice
- 2 tbsp chopped fresh cilantro or parsley
- 1 tbsp olive oil
- Lettuce leaves

Seafood Seviche



This recipe serves four. MARK SHAPIRO, FROM ROSE REISMAN BRINGS HOME LIGHT COOKING (ROBERT ROSE)

Drink of the Week

Skinny Swizzle

This low-cal cocktail is diet-friendly but doesn't skimp on flavour with a crisp combination of lime syrup, Angostura bitters and tonic water.

- 1 oz Belvedere Vodka
- 1 oz lime syrup
- Angostura bitters
- Tonic water
- Garnish: lemon, lime and cucumber wheels

Combine vodka with lime syrup, bitters and tonic water. Garnish with lemon, lime and cucumber wheels.

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- Creative, efficient, flexible & detail oriented
- Strong verbal and written communication skills
- Proven track record in profitable selling

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Give 'em your best by getting some rest

You don't always lose when you snooze.
Five tips for getting enough sleep as a new graduate

MEGHAN GREAVES
TalentEgg.ca

There are many changes that come along with transitioning from the student world to the work world. One of the biggest changes that new grads face is in their schedule.

Getting enough sleep is important for everyone, but especially important for new grads as the change in routine tends to be a big one. Gone are the days where you could grab a couple extra minutes (or hours in some cases…) of sleep as you needed.

The side effects of sleep deprivation are scary, so we have the tips you need to make getting enough sleep simple.

Create a routine
The first step in ensuring that you get enough sleep is setting a routine — and sticking to it. To do this, determine what time you have to wake up and count seven to nine hours back from there — that's your bedtime. For example, if you need to wake up at 6:30 am, you'll need to go to bed between 9:30 p.m. and 11:30 p.m. depending on how much rest your body needs.

Wind down

Sadly, our minds don't shut off the second we put our head on the pillow.

- Our bodies take time to relax enough to fall asleep.
- Winding down before you go to bed can be anything that relaxes you; reading a book, organizing your things for the next day, going for a walk, stretching, talking with your roommate.
- Whatever makes you feel less anxious — do it. This will help you be ready for a good night's sleep.

In the jungle, the concrete jungle, the worker sleeps tonight. ISTOCK

Turn off electronics
Set a curfew for your electronics. Researchers have found that there might be a correlation between using electronics before bed and sleep quality. In order to fall asleep, our body needs time to wind down and it can't do that right after looking at the bright lights of a television, computer or smartphone. To make sure that your sleep isn't being hampered by your electronics, try to stay away from using them an hour or two before you hit the pillow.

Stay away from sugar and caffeine
There's nothing like a sweet treat or warm drink before bed, but try to stay away from anything with high sugar or caffeine levels as they can keep you awake for hours after you drink them.

Say no
You might not be on the same schedule as your friends and family, but you don't need to be sleep deprived because of it. If your friends' plans are tiring and affecting your work ethic, don't be afraid to pass every once in a while. This doesn't mean that you should become a hermit, but be aware of when you need to put your sleep first and socializing second.

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Exercise your right to stay healthy on the job

Let's get physical.
Scheduling in a good sweat between meetings can add some extra muscle to your nine-to-five

MEGHAN GREAVES
TalentEgg.ca

When heading off into the "real-world" as a new grad, you may find it difficult to get everything you want done.

One task that often gets pushed aside is hitting the gym on a regular basis. For most, working out directly before or after work isn't appealing.

Who truly wants to wake up an hour early or get home an hour late? Not me.

So, if you're having trouble fitting your workouts before and after work, when can you? At lunch!

For most full-time employees, you'll have an hour-long lunch, which gives you just enough time to get a quick work-out in.

Not sure if it's doable? Read on to learn why it completely is and how to do it!

You don't need a gym: If there isn't a gym close to your work, you can still get an effective workout in. Make use of what you have at hand! Go for a run, walk, bike, rollerblade or even bring a yoga mat to a nearby park. ISTOCK

Get everything in order
"I'd like a half hour workout with a side of shower time and spinach salad please!" — sounds like a little much right? It is possible though with a bit of organization. To do so, pack your work clothes, gym gear and home-made lunch with you all in one bag so it's ready to go. This will make it easy for you to go from one thing to the next smoothly.

Intensity, intensity, intensity
Sometimes less is more! It's completely possible to have a short, intense workout if you plan your workouts before hand. For example; if you're going to the gym three times a week on your lunch break, plan three different workouts for you to rotate through each day you go (on your phone, cue cards, etc). This will allow you to make the most of your gym time by having a game plan all while knowing that you're getting everything in that you need to.

Stay energized
When working out on your lunch break, it's crucial to hydrate and get the proper nutrients. Firstly, working out on an empty stomach isn't healthy. Secondly, you don't want work to be affected. Have a small snack (like yogurt, veggies and hummus, apple slices, etc.) before your workout and eat your lunch after your workout to keep you on your A-game.

Come in a little earlier, leave a little later
When first getting into your lunchtime workout routine, you might take a few extra minutes longer than expected. To ensure that your work isn't being affected, come in a bit early and don't hesitate to stay a bite later than normal. Once you start to get your routine down pat, you should be able to balance everything well.

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No offence, but Hawks still in the title hunt

Stanley Cup final. Chicago trails Boston 2-1 in the series with unproductive power play a big concern

There is no panic or frustration. But Chicago Blackhawks coach Joel Quenneville acknowledges his team is in a tough spot going into Game 4 of the Stanley Cup final.

"You lose back-to-back games, it gets your attention," the coach conceded. "We're in a hole right now. We want to make sure (Wednesday) we prioritize the importance of that game and it's a different level."

Down two games to one, the Hawks face a tall order in trying to bring down the Bruins in their own building.

Boston has won seven straight at home and is 8-2 overall at TD Garden in these playoffs, outscoring the opposition 28-17.

At least the Hawks can take solace from their second-round series against Detroit. They trailed the Red Wings three games to one before reeling off three straight wins.

"I think we're in a tough spot," Quenneville acknowledged. "In the Detroit series we found a way to get ourselves to get back into it. That's what we're looking for. (Wednesday) is a very important game, like we have to win (Wednesday) night. Come up with a good result, we're right where we want to be."

Quenneville said he hoped injured star Marian Hossa (upper body) will be back in the lineup. Chicago's co-scoring leader was a late scratch Monday, replaced by Ben Smith

Quenneville was quizzed on why Smith didn't take the warm up if Hossa was a doubtful starter. Eventually he confessed that he did not want to tip his hand that something might be awry with his lineup.

The Chicago coach has other concerns.

His team is getting schooled in the faceoff circle, putting the Hawks constantly on the back foot. Boston won 40 of 56 faceoffs Monday with Patrice Bergeron winning 24 of 28 draws.

Chicago's power play, which was ordinary during the season (ranking 19th with a 16.7 percentage success rate), has been even worse in the playoffs.

Chicago was 0-for-5 with a man advantage in Game 3 and has not scored a power-play goal in its last 20 chances dating to Game 2 of the Western Conference final. The Blackhawks have an 11.3 per cent success rate this post-season (7-for-62), and are only 3.7 per cent on the road (1-for-27).

The Hawks are 0-for-11 with a man advantage against Boston this series.

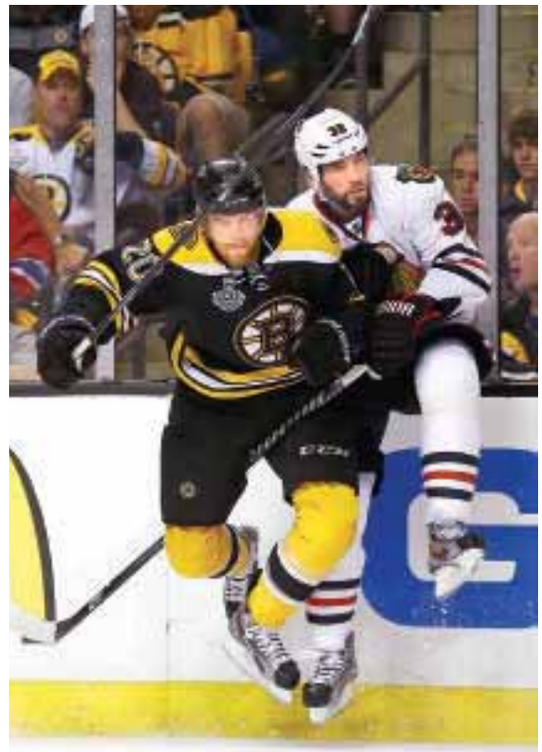
Boston's penalty killing isn't helping matters. The Bruins killed off five power plays Monday night, stretching their successful string to 27 consecutive penalties dating to Game 5 of the Eastern Conference semifinals.

THE CANADIAN PRESS

Numbers favour Bruins

The Bruins are 2-0 when holding a 2-1 series lead in the final. The Blackhawks are 0-3 lifetime when trailing 2-1 in the final.

- "We know they're a good team, tough to play against," said Chicago defenceman Johnny Oduya. "But I think we still feel confident. We know we have to steal a game here and that's what we're looking to do."



The Bruins' Daniel Paille checks Michal Rozsival of the Blackhawks in Game 3 of the Stanley Cup final on Monday in Boston. The Bruins lead the series 2-1.
BRUCE BENNETT/GETTY IMAGES

Aggression costs Nichols his season

Quarterback Matt Nichols speaks on Tuesday in Edmonton.
THE CANADIAN PRESS

It was going to be a breakthrough year for career backup quarterback Matt Nichols.

But instead the 26-year-old Edmonton Eskimos pivot announced Tuesday he'll have season-ending surgery on the torn anterior cruciate ligament in his right knee.

It's an injury that reinforces Nichols' reputation for fearless play but also suggests the California native is becoming his own worst enemy.

"I just went down and felt a little twist," Nichols said last Friday after the injury in the 31-24 pre-season loss to the Saskatchewan Roughriders.

It was late in the first quarter when Nichols threw a pass to receiver Ed Gant. The ball bounced off Gant's hands and was caught by Riders' defensive back Carlos Thomas, who raced 30 yards untouched down the sideline to paydirt, led by defensive end Kenny Rowe.

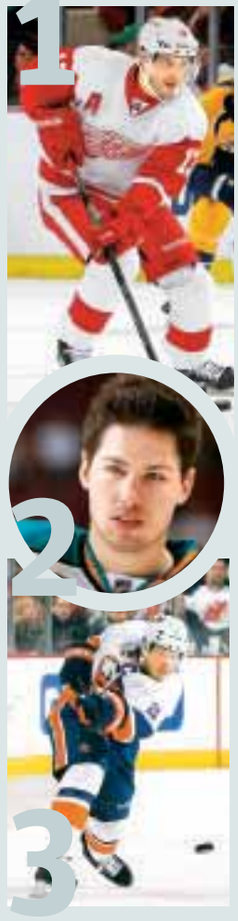
It was an easy pick-six in a meaningless game, but then came Nichols barrelling in, determined to catch Thomas at the goal-line. He ran straight at Rowe who delivered a hit.

Nichols legs seemed to get caught under him and down he went, clutching his right knee as the Riders celebrated the TD.

Nichols was also injured in last year's East Division semi-final against the Toronto Argonauts. He was flushed quickly out of the pocket and hauled down from behind by Argo defensive end Ronald Flemons.

He tried to fight through the sack but got his feet trapped under him and gruesomely broke his left fibula and turned his ankle 180 degrees. Months earlier, Nichols was concussed by two defenders diving for a extra few yards against Hamilton. THE CANADIAN PRESS

Stars get their deals



1 Detroit's dirty dangler. Wings, Datsyuk make 3-year deal

The Detroit Red Wings agreed to a $22.5-million, three-year deal with Pavel Datsyuk. THE ASSOCIATED PRESS

2 Staying in Shark Tank. Couture: Yes way, San Jose

The San Jose Sharks agreed to a contract extension, reported to be for five more seasons, with star centre Logan Couture. THE ASSOCIATED PRESS

3 The Streit goods. Flyers lock up defender

A person familiar with the deal confirms veteran defenceman Mark Streit has agreed to a four-year, $21-million contract with the Philadelphia Flyers. THE ASSOCIATED PRESS

Every boss can be an icon or idiot

Autopilot. Automotive success Bob Lutz tells us to take the good with the bad boss-wise and always learn from your time under them

AUTO PILOT
Mike Goetz
drive@metronews.ca

Over his illustrious five-decade career in the auto biz, successful automotive executive Bob Lutz has worked with a lot of famous bosses. From that vantage point he noticed that most of the really successful ones were also "mentally and emotionally askew."

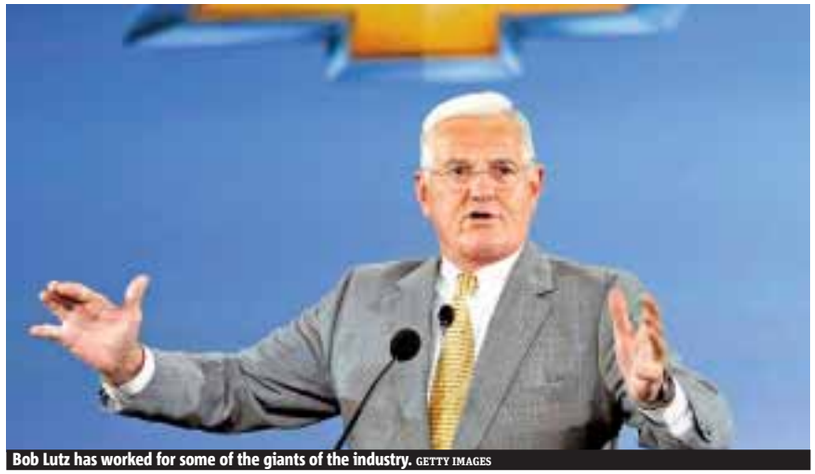
In his new book, Icons and Idiots, Lutz profiles nine such bosses (and one teacher and one Marine drill sergeant), all of which have taught him major lessons in leadership. The title doesn't mean that some are idiots and some are icons. Rather that every strong leader is a bit of both.

"There's a good side, which gets the job done," says Lutz. "There's often a downside that makes them hard to understand or difficult to work for. It's precisely because they are impatient, stubborn, opinionated, unsatisfied and domineering that they are successful."

His advice to those of us currently dealing with such unbalanced bosses is to learn to take the good with the bad. Here are a few examples of what Lutz has learned:

From sadistic Marine Corps Staff Sgt. Donald Giusto: "Learning to continue to function in the face of failure, betrayal, acute disappointment, all the while physically and mentally tired, perhaps without food, is what the Marine Corps expects from its members. What it demonstrated to me is that we are all capable when the chips are down, of doing far more than we think we can. Sgt. Giusto unlocked the hidden reservoirs of capability in all of us."

From Harold A. "Red" Poling, ultimate bean counter, and not a nice guy: "Red taught me that the tough uncompromising, unfeeling, almost nasty approach to initial cost and investment estimates could produce meaningful saving ... The Poling approach served me well during my later tenure at Chrysler and my last tour at GM, although I was always at pains to leaven it just a bit with humour, engineering and marketing judgment." Lutz also noted to never forget that you can still learn stuff from bosses you can't stand.



Bob Lutz has worked for some of the giants of the industry. GETTY IMAGES

From Ralph Mason, a cheerful but serious alcoholic, and product of a bygone era, when there was a lot of hard drinking in the auto industry: "Ralph nevertheless focused on what was important and advanced the cause of GM and its shareholders." Lutz also said Mason often went home early to get plastered, but had a good team behind him, trusted them and didn't interfere.

From Rick Wagoner, the capable GM president that couldn't turn GM around: "A magnificent human being, Rick was simply too nice, too introspective and too thoughtful in many of his actions to see the company through the turbulence of 2008-09… Tolerant of mediocrity, ... it was painful to see Rick protect and support many officers who, to my eyes, personified the large corporate culture of 'look good, sound good, prepare well for meetings, and never disagree with the boss.'" But Lutz considers Wagoner the perfect "peacetime" CEO, and says Wagoner's moves to buy Daewoo and go aggressively into China are cornerstones of GM's current success.

Make it sing with comfort: Tune your suspension just like a guitar

Driving force. Kia's engineers know it's a lengthy process to make sure their vehicles' suspension is just right

JIL MCINTOSH
drive@metronews.ca

Vehicles have specific "rides," depending on what they are: a family sedan will ride smoother than a sports car's harsher suspension, for example, but its steering won't be as firm.

These characteristics are achieved through a procedure called suspension tuning. "The rubber bushings, shocks, springs, stabilizer bars and tires can all be tuned to reach a specific target," says Vu Banh, ride and handling senior engineer at the Hyundai-Kia America Technical Center in California. "Depending on what's desired, if it's ride comfort or sporty handling, you can adjust these parts to reach that goal."

It takes about a year to do the job, which begins when engineers receive the first prototype of a new model. "We start tuning and get a rough setting for that one," Banh says. "Then we get another vehicle that's closer to the production car, and we'll put those (prototype) settings in, fix any issues, make more adjustments and continue refining as much as we can."

Computers are used extensively in vehicle design, but they're not as useful in suspension tuning, because they can't accurately simulate rubber. Tuning is a painstaking process of making adjustments and then driving the car to see how it feels, over and over again.

How it's done depends on the part. Shock absorbers contain hydraulic oil, and if internal valves are adjusted to different oil flow, the shocks become firmer or softer. Engineers can use soft or hard rubber bushings, or different types of springs to achieve various results. Even the tires become part of the process.

Engineers worked for a year to tune the Kia Rondo's suspension. JIL MCINTOSH

"If we come up with a new shock setting, for instance, we'll possibly (use) a new tire," Banh says. "Then we'll work around that, going back and forth with the shock tuning until it meets the target."

Many new cars now have electric power steering, which uses a motor in the steering column. Unlike hydraulic systems, which use pumps to regulate fluid flow, the motor can be tuned electronically. Engineers dial in the steering for more assist at lower speeds, such as when manoeuvring in parking lots, and less at higher speeds for easier control on the highway. They also aim for good "on-centre feel," where the car stays straight without the need for constant steering wheel correction.

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Horoscopes

♈ Aries
March 21 - April 20
Create something wonderful today. This can be one of the most productive times of the year for you, so get serious and get busy working on something that makes your world, and the world at large, a better place.

♉ Taurus
April 21 - May 21
Whatever problems you may have with a relationship, you won't work it out by trying to force the other person to conform to your way of thinking. Try seeing things from their point of view .

♊ Gemini
May 22 - June 21
The Sun's link to Jupiter in your sign today will help you to express yourself freely. It will also help you to get over some kind of falling out you had with a loved one.

♋ Cancer
June 22 - July 23
Focus on the realities of your everyday situation and avoid any and all forms of wishful thinking. Above all, don't let others' negativity blind you. Life is a garden of delights but too few people see it that way.

♌ Leo
July 24 - Aug. 23
You will come out on top today, especially if you focus on things you are good at, things you really enjoy. You will enjoy them more if some people say you should not be doing them.

♍ Virgo
Aug. 24 - Sept. 23
Moderation is a must today, especially if you are one of those Virgos who tends to get carried away when they find something they really enjoy.

♎ Libra
Sept. 24 - Oct. 23
The Sun close to Jupiter in one of the best areas of your chart means you will have a thoroughly good day. Do a bit of travelling, even if it's only to the corner store and back.

♏ Scorpio
Oct. 24 - Nov. 22
Your taste for the good things in life could lead to you spend too much today but in the greater scheme of things, it's no big deal. Retail therapy could in fact be just what you need to cheer you up.

♐ Sagittarius
Nov. 23 - Dec. 21
Jupiter, your ruler, links with the Sun in the partnership area of your chart today, making it easier for you to compromise with people you don't always see eye-to-eye with. Don't compromise too much though.

♑ Capricorn
Dec. 22 - Jan. 20
Don't limit the goods deeds you do to people you know. Help those you encounter in daily life too, even if they are total strangers. Your generosity will have a knock-on affect that touches so many lives.

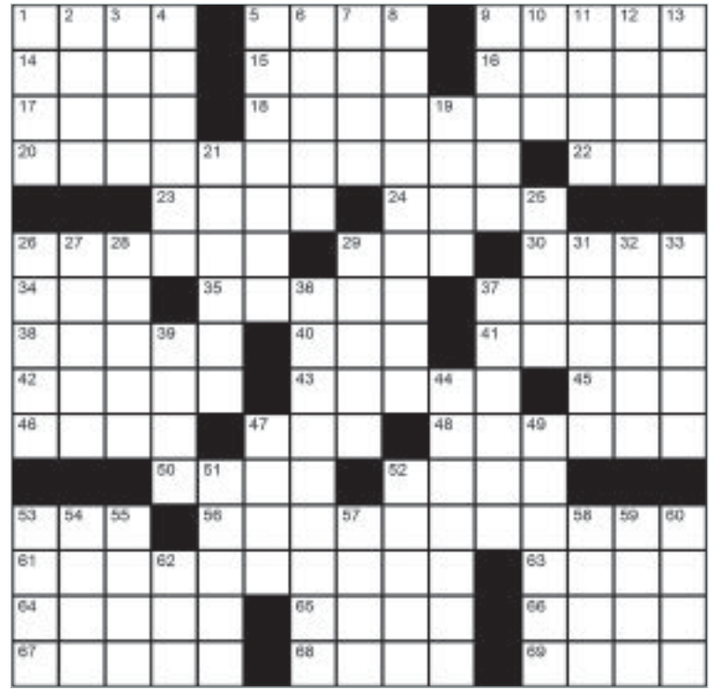
♒ Aquarius
Jan. 21 - Feb. 19
Life is good and getting better by the hour, the day, the minute. Creatively and romantically you are in such a positive mood that you attract people and situations that bring thrills aplenty. Lucky you.

♓ Pisces
Feb. 20 - March 20
At home and work, people will want to do things for you today, and if you are smart you will let them. You'll feel good about it, they'll feel good about it. SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

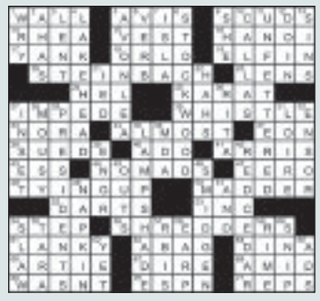
BY KELLY ANN BUCHANAN



Across
1. Not hungry anymore
5. Bully in "Back to the Future" (1985)
9. University in St. Catharines, ON
14. Moulding type
15. Crown for Carrie
16. Adversary
17. Actor Mr. Bates
18. Driveway emporium: 2 wds.
20. Summertime in The Arctic: Land of the __: 2 wds.
22. Author, Harper __
23. Early afternoon, __'clock
24. Letters before :// www
26. Uses a charge card
29. Speech-maker's stumbles
30. God
34. That guy
35. "__ __ humid out." (Weather complaint)
37. Less
38. Go __ for the ride
40. Bathroom feature
41. Employee's request
42. "I also want that!": 2 wds.
43. Director Mr. Hallstrom
45. Thwarter's word
46. Eve's environment
47. Mr. Bachman
48. Nova Scotia attraction, __ Cove
50. Hawaiian island
52. Roadie's gig
53. Surnamesakes of Canadian actress Sandra
56. Social event open to the public that's hosted annually by the Lieutenant Governor of Nova Scotia: 2 wds.
61. What convenience stores are called in Quebec
63. Canadian __ (Chain store)
64. Canadian rapper/actor
65. Roman emperor
66. David Bowie's supermodel wife
67. Actress Ms. Rue's
68. Czar's other spelling
69. Snake sorts

Down
1. Fizz
2. Sort of fruit
3. Guide
4. McCartney's co-songwriter
5. Larger than the rest
6. American state
7. __ Simpson, NWT
8. Sudden shows-in-public-places groups: 2 wds.
9. Actor Mr. Spiner
10. '_' __ for Regina
11. Long circle
12. Singer/songwriter JJ
13. Emily Carr book, __ Wyck
19. Gumption
21. Canadian bookstore
25. Request
26. Disgrace
27. Stacked
28. Play it up in theatre
29. Regular
31. Behind, as per debt
32. Articulate again
33. Squirrel nests
36. Louis __. __ (Canada's 12th PM, from 1948 to 1957)
37. Make available: 2 wds.
39. Faux pas
44. Support a walk-a-thon
47. Larger __ life
49. Canadian coins: D.G. Regina = Dei __ Regina (By the grace of God, the Queen)
51. Meg Tilly flick, "__ of God" (1985)
52. Earth
53. "Someone Who's Cool" band from Vancouver
54. Greek Myth: Olympian queen
55. Fight
57. Club member fees
58. Eyeglasses parts
59. Catch
60. Cravings
62. Alias acronym

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

	4		7		3		8	
	6	8				1	3	
3								5
		1	2	7	9	8		
		2	3	4	1	6		
9								6
	1	4				7	2	
	8		1		5		9	

Yesterday's Sudoku

4	7	1	6	9	3	8	5	2
8	9	6	5	2	1	3	4	7
2	5	3	4	8	7	6	1	9
1	8	4	7	6	2	9	3	5
6	2	9	3	5	8	1	7	4
5	3	7	1	4	9	2	8	6
7	6	2	8	3	5	4	9	1
9	1	8	2	7	4	5	6	3
3	4	5	9	1	6	7	2	8

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